

In North Yorkshire, around a fifth of children are above a healthy weight when they start school at the age of four years. This rises to around a third of children by the time they leave primary school.

The risks of being above a healthy weight in childhood include: low self-esteem and bullying, breathing difficulties and sleep problems, bone and joint problems, poor physical fitness and high blood pressure. An overweight child has a greatly increased chance of becoming an overweight adult, with potentially serious long-term health consequences.

The Healthy Choices Programme is a free, family-focused healthy lifestyle service for 4-19 year olds in North Yorkshire that fall above a healthy weight. Delivered over a period of up to 12 weeks, Healthy Choices provides families with the knowledge and tools to support them to make positive food choices and other lifestyle behaviour changes, using fun and engaging activities.

In order to engage in our programme, children must meet the following inclusion criteria:

- Above a healthy weight (this can be checked on the [NHS Healthy Weight calculator](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) on <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/> if height and weight is known, or by calling the Healthy Choices team on 01609 798081 for advice)
- Age 4 – 19 years (children age 4 years must be in Reception year at school)
- Resident of North Yorkshire

Families are able to self-refer via the Healthy Choices website: [www.northyorks.gov.uk/healthy-choices](http://www.northyorks.gov.uk/healthy-choices) or by ringing the Healthy Choices team on 01609 798081.



**HEALTHY CHOICES**

**A FREE AND CONFIDENTIAL 12 WEEK PROGRAMME TO FIT AROUND YOUR FAMILY TO SUPPORT CHILDREN AND YOUNG PEOPLE ACHIEVE AND MAINTAIN A HEALTHY WEIGHT.**

The personalised support is designed to be a fun, positive and energising experience.

Together we will explore: how to eat healthily without breaking the bank, fun and free ways to stay active, small positive changes to help you achieve a healthier lifestyle.

**INTERESTED?  
VISIT:**  
[www.northyorks.gov.uk/healthy-choices-children](http://www.northyorks.gov.uk/healthy-choices-children)

**OR CALL THE TEAM:  
01609 798081**

 **North Yorkshire**  
County Council

**NORTH YORKSHIRE**  
HEALTHY CHILD PROGRAMME  
Growing up healthy in North Yorkshire